

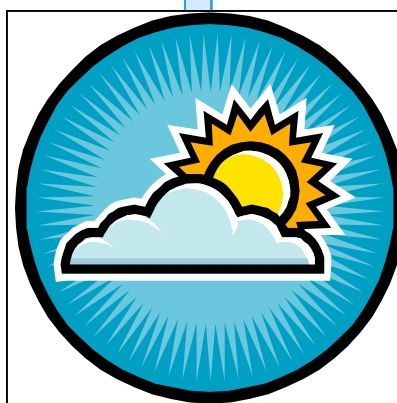
UV Safety Information

July is UV safety month, and the Environmental Protection Agency offers valuable information on UV rays and protecting yourself from these dangerous rays.

The earth's ozone layer protects us from harmful UV radiation. However, ozone depletion, in combination with seasonal and weather variations, causes different levels of UV radiation to reach the earth at various times. The National Weather Service (NWS) and the Environmental Protection Agency (EPA) developed the UV index which predicts the next day's UV radiation levels on a scale of 1 to 11+. The UV index helps people establish the proper sun-protective behaviors based on the severity of the UV index.

Overexposure to the sun can cause many health problems including skin cancer, skin damage, premature aging, and skin growths. Cataracts, other eye damage, and immune suppression can also result from overexposure to the sun. The EPA offers some simple strategies that can help lower the risk of sun-related health problems:

- **Avoid sunburns.** Five or more sunburns doubles your risk of developing skin cancer.
- **Skip sun tanning and tanning beds.** UV light from tanning beds and the sun cause skin cancer and skin damage.



- **Apply sunscreen liberally.**



Use at least SPF 15 sunscreen, and reapply every 2 hours, even on cloudy days. Reapply after swimming or sweating as well.

- **Wear protective clothing** like pants, long-sleeve shirts, and sunglasses whenever possible.

- **Seek shade.** Remember UV rays are strongest between 10:00 am and 4:00 pm.

- **Be more careful around water, sand, and snow.** These surfaces reflect the sun's rays

which increase risk of sunburn.

- **Get vitamin D through other sources.** Do not seek vitamin D from the sun.
- **Check the UV index often,** and take the appropriate sun-protection behaviors.

Visit the EPA's website at <http://www.epa.gov/sunwise/uvindex.html> for more UV information. Also, use this website to find out the four day UV forecast for your area by entering in your city or zip code.

Source: Environmental Protection Agency,
<http://www.epa.gov/sunwise/uvindex.html>

Upcoming Events

staying Hydrated



As the temperature continues to rise, staying hydrated becomes increasingly important in the hot summer months. Water serves many purposes throughout our body. It regulates body temperature, lubricates joints, flushes toxins from the body carries oxygen and nutrients to cells, helps moisten tissues within the body, and helps dissolve nutrients and minerals to make them available within the body. In fact, **almost all the major systems within your body rely on water!**

The Institute for Medicine gives general guidelines on water consumption for both men and women. They recommend that **women drink 2.2 liters per day (9 cups)** of water and that **men consume 3.0 liters per day (13 cups)** of water. These are only general guidelines. However, drink water often enough so that you rarely feel thirsty and that you urinate clear or light yellow.

Many things can influence how much water we should drink on a daily basis. **Exercise** uses more fluid from our body, so consume an extra 2 to 3 cups for every hour exercised. The **environmental conditions** also drain our fluid reserves. Hot and/or humid weather, high elevations (above 8,200 ft.), and heated indoor air all utilize more of our fluid reserve. Drink additional fluids in these conditions. Certain **illnesses** (fever, kidney infection, diarrhea, etc.) require a higher intake of fluids. Some conditions (heart disease, liver diseases, etc.) may even limit your water intake. Finally, **pregnant or breastfeeding women** require more fluid to stay hydrated. The Institute of Medicine recommends pregnant women drink about 10 cups/day and women who are breastfeeding consume 12.5 cups/day.

There are several ways to increase your fluid intake. Try drinking a glass of water with your meal and between your meals. Also, make sure you drink water before, during, and after exercise. When at social gatherings, substitute sparkling water for alcohol when possible. Remember, drinking water is an integral part of your healthy life-style.



Source: www.mayoclinic.com

OPEN ENROLLMENT: August 13 - September 10

ACTION WILL BE REQUIRED

This year during Open Enrollment you will be required to make benefit elections. Benefit elections will be done using Your Employee Services (YES) system, www.yes.az.gov

Elections cannot be made until August 13th.

****All active employees MUST logon to the "YES" website between August 13th and September 10th to elect benefits. Even if you do not want to make changes, you MUST still logon to the "YES" website and re-elect your benefits for the current plan year.**

FAILURE TO DO SO WILL RESULT IN CANCELLATION OF YOUR BENEFITS.

****IF YOU DO NOT HAVE ACCESS TO A COMPUTER, PLEASE CONTACT YOUR AGENCY LIAISON/HUMAN RESOURCE REPRESENTATIVE.****

Benefit Options

Choice. Value. Health.

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the Wellness website for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Online Event Request Form



Upcoming Events

Skin Cancer Screening



This **FREE** screening is open to all State employees and Benefit Options members and includes:

- Assessment by a Nurse Practitioner or Physician's Assistant for skin cancer AND
- Review of personal and family medical histories and lifestyle factors

Screenings take approximately 10 minutes, and participants will NOT be required to disrobe.

July 9th — 8:30 am-12:30 pm

Phoenix, DOE
2005 N. Central, Rm. 300
Contact Brian Ball at
602-542-3186 to sign up

July 12th — 8:00 am-2:30 pm

Phoenix, DES
2222 W. Encanto Blvd., N AG Conf.
Contact Chimene Wenrick at
602-322-8801 to sign up

July 17th — 8:00 am-2:30 pm

Phoenix, DOE
1535 W. Jefferson, Rm. B1
Contact Brian Ball at
602-542-3186 to sign up

July 31st — 8:00 am-1:30 pm

Phoenix, AHCCCS
2830 W. Glendale, Conf. Rm.
Contact Jerry Perkins at
602-417-4883 to sign up

August 1st - 8:00 am - 2:30 pm

Phoenix, Dept. of Gaming
202 E. Earll Dr., #200 Training Rm
Contact Tim Weaver at
602-604-1801 to sign up

August 2nd- 8:00 am - 2:30 pm

Mesa, AHCCCS
460 N. Mesa Dr., Conf. Rm.
Contact Jerry Perkins at
602-417-4883 to sign up

NOTE: The registration **deadline** for all skin cancer screenings is **one week before the scheduled date.**

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

Confidential results will be mailed to your home. The basic screenings are FREE and optional screenings are priced as indicated:



- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (**8-hour fasting is required for this blood draw.**)
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event

July 12 — 8:00am-10:00am

Prescott, DES
234 Grove Ave., Conf. Rm.

July 17— 8:00am-10:00am

Glendale, ADOT
16380 N. 59th Ave.

No appointment necessary. These screenings are done on a first come, first serve basis.

If you are interested in scheduling a mini-screening at your worksite you can submit a request at: www.benefitoptions.az.gov/wellness

MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgett, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

- July 9** — DES, Phoenix
1301 E. Washington
8:00am - 4:00pm
- July 10** — DOE, Phoenix
1535 W. Jefferson
8:00am - 5:00pm
- July 11** — DOE, Phoenix
1535 W. Jefferson
8:00am - 12:00pm
- July 11** — DOE, Phoenix
2005 N. Central
1:30pm - 4:30pm
- July 12** — Supreme Court
1501 W. Washington
8:00am - 5:00pm
- July 16** — DES, Phoenix
4000 N. Central
8:00am - 12:00pm
- July 25** — ADOT, Phoenix
206 S. 17th Ave.
8:00am - 5:00pm
- July 26** — ADOT, Phoenix
206 S. 17th Ave.
8:00am - 5:00pm

Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

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www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

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benefit
options
wellness!
Be Well Stay Well.